

Building Hours of Operation
 Monday to Friday 5am - 10:30pm
 Saturday and Sunday 7am - 5:30pm

YMCA of Central East Ontario
 Balsillie Family Branch

123 Aylmer Street
 Peterborough, ON
 K9J 3H8



This schedule is subject to change at any time.

Pool Schedule

Effective July 3, 2017

POOL SCHEDULE

Monday		Tuesday		Wednesday	
Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool
Adult Swim 5-7am		Adult Swim 5-8am		Adult Swim 5-7am	
Gentle Aqua Fit 7-7:45am	Adult Swim 7-7:45am	Tone & Stretch 8-8:45am	Adult Swim 8-8:45am	Gentle Aqua Fit 7-7:45am	Adult Swim 7-7:45am
Family/Youth Swim 7:45-10:30am	Family/Youth Swim/ Open Lengths 7:45-10:30am	Family/Youth Swim 8:45-9:20am	Family/Youth Swim/ Open Lengths 8:45-10:30am	Family/Youth Swim 7:45-10:30am	Family/Youth Swim/ Open Lengths 7:45-10:30am
		Swim Lessons 9:20 - 10:30am			
Camp Swim 10:30 - 11:30 **POOLS CLOSED**		Camp Swim 10:30 - 11:30 **POOLS CLOSED**		Camp Swim 10:30 - 11:30 **POOLS CLOSED**	
Tone & Stretch 11:30am-12:15pm	Adult Swim 11:30am - 1pm	Tone & Stretch 11:30am-12:15pm	Adult Swim 11:30am - 1pm	Tone & Stretch 11:30am-12:15pm	Adult Swim 11:30am - 1pm
Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm	
Family/Youth Swim 1-2pm	Deep Water Aquafit 1-2pm (3 Lanes)	****March of Dimes**** 1-2pm	Family/Youth/Open Lengths 1-2pm	Family/Youth Swim 1-2pm	Deep Water Aquafit 1-2pm (3 Lanes)
Camp Swim 2-3pm **POOLS CLOSED**		Camp Swim 2-3pm **POOLS CLOSED**		Camp Swim 2-3pm **POOLS CLOSED**	
Family/Youth Swim/Open Lengths 3-4pm		Family/Youth Swim/Open Lengths 3-4pm		Family/Youth Swim/Open Lengths 3-4pm	
Swim Lessons 4-7pm		*Swim Lessons* 4-7pm		*Swim Lessons* 4-7pm	
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8:30pm Aquafit 7-7:45pm	Family/Youth Swim 7-8:30pm	Aqua Boot Camp 7-7:45pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8:30pm **Aquafit 7-7:45pm**
Tone & Stretch 8-8:45pm			Family/Youth Swim 7:45 - 8:30pm		
Adult Swim 8:30-10:15pm		Adult Swim 8:30-10:15pm		Aqua Yoga 8-8:30pm	Adult Swim 8:30-10:15pm

Please refer to our website or the Program Guide for the Aquatic Admission Policy

A minimum of one lane is always open for lane swimming with the exception of during camp swim. Spa open during camp time.

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Pool Schedule

Effective July 3, 2017

POOL SCHEDULE

Thursday		Friday		Saturday		Sunday	
Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool
Adult Swim 5-8am		Adult Swim 5-7am		Adult Swim 7-9am		Adult Swim 7-9am	
Tone & Stretch 8-8:45am	Adult Swim 8-8:45am	Gentle Aqua Fit 7-7:45am	Adult Swim 7-7:45am				
Family/Youth Swim 8:45-9:20am	Family/Youth Swim/ Open Lengths 8:45-10:30am	Family/Youth Swim 7:45-10:30am	Family/Youth Swim/ Open Lengths 7:45-10:30am	*Swim Lessons* 9am - 12pm		*Swim Lessons* 9am - 12pm	
Swim Lessons 9:20 - 10:30am							
Camp Swim 10:30 - 11:30 **POOLS CLOSED**		Camp Swim 10:30 - 11:30 **POOLS CLOSED**					
Tone & Stretch 11:30am-12:15pm	Adult Swim 11:30am - 1pm	Tone & Stretch 11:30am-12:15pm	Adult Swim 11:30am - 1pm	Gentle Aqua Fit 12:15-1pm			
Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm					
****March of Dimes**** 1-2pm	Family/Youth/Open Lengths 1-2pm	Family/Youth Swim 1-2pm	Deep Water Aquafit 1-2pm (3 Lanes)	Family/ Youth Swim /Open Lengths 12-5:15pm Water Walkway 1-3pm		Family/ Youth Swim /Open Lengths 12-5:15pm Water Walkway 12-2pm *Aquatic Leadership 1-4:30pm*	
Camp Swim 2-3pm **POOLS CLOSED**		Camp Swim 2-3pm **POOLS CLOSED**					
Family/Youth Swim/Open Lengths 3-4pm		Family/Youth Swim/Open Lengths 3-4pm					
Swim Lessons 4-7pm		*Swim Lessons* 4-7pm					
Family/Youth Swim 7-8:30pm	Aqua Boot Camp 7-7:45pm	Family/Youth Swim Youth Night 7-9pm					
	Family/Youth Swim 7:45 - 8:30pm						
Adult Swim 8:30-10:15pm		Adult Swim 9-10:15pm					
Notes * Requires Registration ** Rental							

Please refer to our website or the Program Guide for the Aquatic Admission Policy

A minimum of one lane is always open for lane swimming with the exception of during camp swim. Spa open during camp time.